

$\frac{1}{2}$  KN. ST. - T. BD'G FORW'D W.  
STRAIGHT'G OF FOR'D KN.



F.

$\frac{1}{2}$  GRASP STRD. BOW ST. T. SPRING'G  
CHANG'G W. TWIST.



F.

GRASP FT. SUPP. BOW LYING  
KN. STETCH 'G.



F.

CRASP BOW ST. - ARM BEND 'G.



F.

T.      DD'G      DOWN W'D      TO      GRASP  
ANKLES.

124



F.

OPP. FT. SUPP. LONG. SITT. - T.  
SPRING 'G W. HELP.

125



F.

NECK STRD. L ST. - T. SPRING'G.



STRD. ST. QUICK T. 3D'G DOWN'D  
(STIKING FLOOR) + ARM FLING'G  
BTW. DRAG + STETCH.



F.

$\frac{1}{2}$  GRASP STRD. BOW ST.-T. SPR 'C  
4 TIMES EACH SIDE.

128



F.

ST R. L ST. - A. SPRING<sup>1</sup>C +  
T. SPR<sup>1</sup>C W. HDS. ON NECK.





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